

HOUSEHOLD PETS TIP CARD

People living with multiple myeloma (MM) can be at increased risk of infection. Household pets (HP) provide many positive physical and mental health benefits, but can be a source of infection. Preventing infection is important when it comes to living with HP. Common HP species include dogs, cats, fish, and reptiles.

HEALTH BENEFITS:

Research has shown many physical and mental health benefits to pet ownership. Research has shown a reduction in obesity, high blood pressure, high cholesterol, health care costs, a sense of loneliness and isolation with increased opportunity for physical activity and socialization.



INFECTION RISK:

Some infections that HP may experience cannot be passed to humans (i.e. distemper, canine parvovirus, and heartworms). Zoonoses, or pet-acquired infections, can be transferred from HP to humans and cause infections involving the skin, gastrointestinal tract, or respiratory system.

Some common causes of infections from HP are:

Dogs & Cats: *Campylobacter*, *Tinea corporis* (A.K.A ringworm), Rabies, *Bartonella henselae* (A.K.A. "Cat Scratch Fever"), *toxoplasmosis*, *Toxocariasis*, and bites or scratches.

Birds: *Campylobacter*, *Cryptococcosis* and *Psittacosis*

Reptiles & Amphibians: *Salmonellosis*, *Mycobacterium marinum*

Rodents: Lymphocytic choriomeningitis virus

HEALTHFUL TIPS:

Staying healthy with a HP also means keeping your HP healthy. Regular visits to the doctor, staying current with immunizations, healthy diet and exercise, and monitoring for any signs of infection applies to both you and your HP.



- Wash hands after handling, do not share food and avoid kissing or mouth contact
- Protect your HP from fleas and ticks
- Keep your HP and their living area clean and away from areas of food preparation
- Reptiles and amphibians should be avoided

There are many benefits to having a HP. Being aware of animal-acquired infections and how to prevent them will help to keep you and your HP living together, healthier and longer.

FOR MORE INFORMATION:

<https://www.cdc.gov/healthypets/diseases/index.html>

<https://www.cdc.gov/ncezid/index.html>

<https://habri.org>

<http://kidshealth.org/en/parents/pet-infections.html>